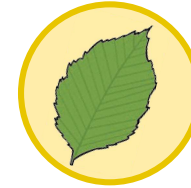


Notes



Why Don't You Discover and Do?



The summer holidays have arrived...

Why Don't You Discover and Do?

Prepare yourself for everything and take on our Summer Holiday Hitlist. Tick off each adventure, keep track of the fun and share your pictures as you discover and do something new.

Amazing adventures await!



- **Day Trip Adventure**: Activities for when you're out and about.
- **Explore Outside**: Take a closer look outside - in your garden, at the beach or in a forest.
- **Home Day**: Fun at home, whatever the weather.
- **Green Fingers**: Use your senses to connect with the world around you.





Visit Your Local Library

Take advantage of your local library and join in a summer reading scheme. When the weather is awful, dive into a book and use your imagination to bask in the sunshine on a desert island or float weightlessly in outer space.

What was your favourite book? Draw it here:



National Parks Week: 24th July

There are 15 national parks in the United Kingdom. Do you live near to one? During National Parks Week, there are many free activities planned. Go online to check out what is happening near you.

Where did you visit? What did you do? Add a photograph here:

A large, empty rectangular box with a red border, intended for a photograph.A large, empty rectangular box with a blue border, intended for a photograph.



Write a Shopping List

Write a shopping list for your favourite meal or cake. Take it with you when it's time for the weekly shop and perhaps help to cook it when you're home!

Stick your list here:

How much did your ingredients cost?





Go Beach Bowling

Dig a series of holes in the sand that will act as a target. Mark out a start line and try rolling balls into the holes.

**Give each target a score. Who scored the highest?
Record your points here:**

A large, empty rectangular box with a red border, intended for recording points.A large, empty rectangular box with a yellow border, intended for recording points.



A large empty rectangular box with a yellow border, intended for writing.



Visit a Museum

There are over 50 free museums in the United Kingdom to choose from. Admire art, dig up a dinosaur; there's something for everyone.

Which museum did you visit? Stick in your admission ticket.

Write a fact about one of the exhibits.

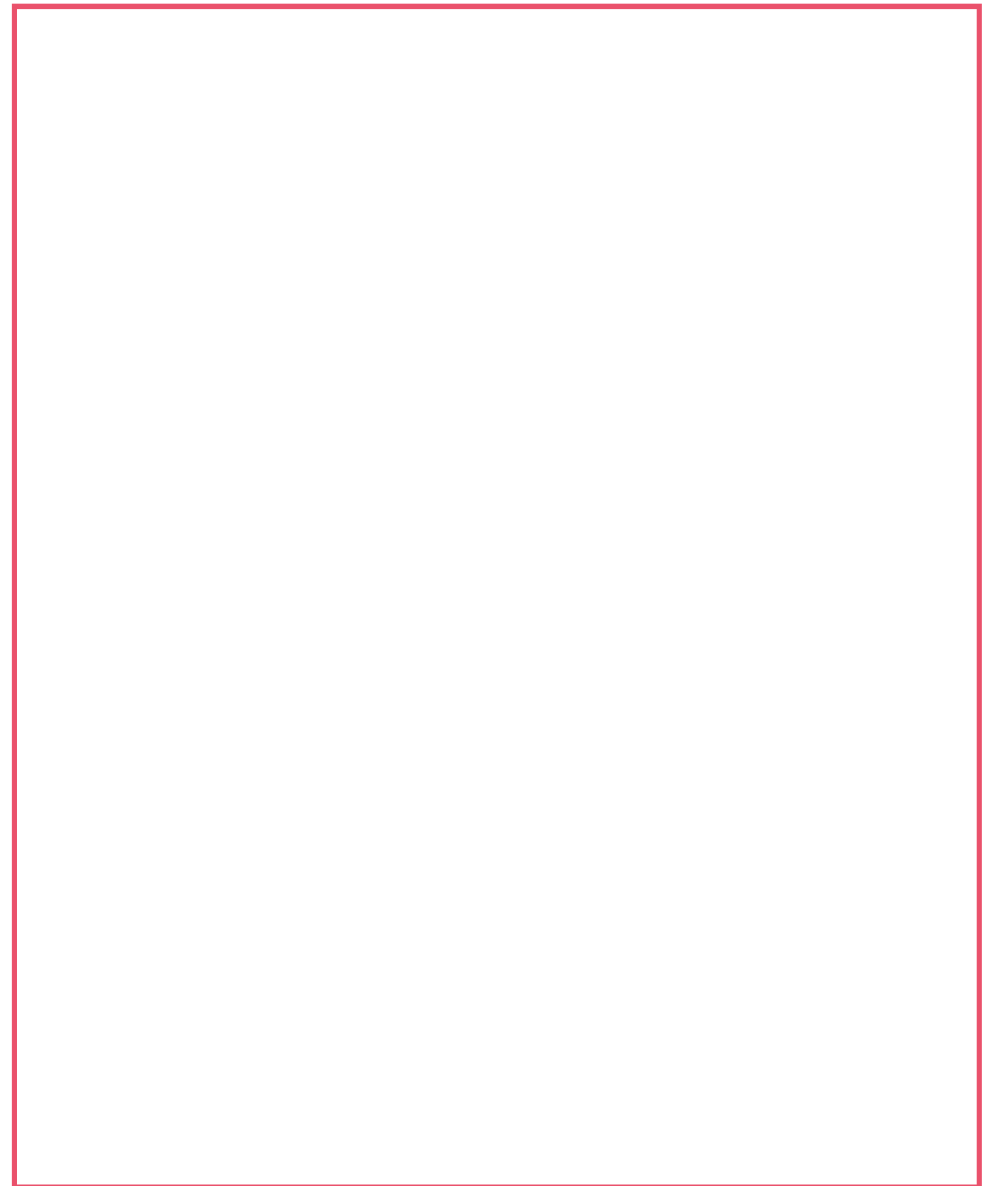
A large empty rectangular box with a pink border, intended for writing.



Have a Picnic

Is it a sunny day? Find a shady spot. Is it wet?
Bring the picnic blanket indoors!

Design a crazy sandwich and draw it here:



A large, empty rectangular box with a red border, intended for drawing ideas for a perfect playground.

Visit the Park

Go to a local park that you've not visited recently. Look on your local council website - there might be an organised activity for you to join in with.

What would make the perfect playground?
Draw your ideas here:

A large, empty rectangular box with a red border, intended for drawing ideas for a perfect playground.



International Friendship Day: 6th August

Arrange to meet up with friends. Visit a place you know or try somewhere new.

Take a photograph of you and your friends enjoying yourselves.



Go on a Leaf Lottery Hunt

How many different types of leaves can you collect? Go on a walk and see how many you can find. Make a leaf crown, create leaf rubbings or thread leaves together to make leaf bunting.



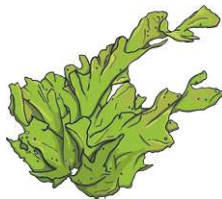
Identify the tree your leaf came from.
Write its name, draw it and stick the leaf here:



Go on a Seaweed Scavenger Hunt

How many different types of seaweed can you find on the beach?

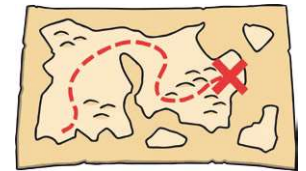
Collect a few different samples, dry them out and stick them here:



Make a Town Map

When you go to the shops, take a notepad with you and draw the route you take. What interesting places do you pass? What route did you take to get back home?

Find a town map and compare it with your drawing.
Stick both maps here:





National Fishing Month: 21st July

Catch a fish in a net or a crab on a crabbing line. Will you catch a big one?

Draw your catch here:

Remember
to stay safe
at the seaside.
Stay with an
adult!



Play Nature Bingo

Draw or cut out pictures of six natural objects you might find on the beach or a trip to the park. Stick them onto a piece of card or paper. The first person to spot all six wins!

Stick your completed bingo card here:





Tidy the Garden

Pull out weeds, water the plants, cut the grass - enjoy time outside this summer!

Create a picture/sculpture with natural materials you find in the garden. Take a picture of your art or sculpture and stick it here:



Make Campfire Doughnuts

These are delicious on the barbecue, but equally good cooked at home on a rainy day.

You will need:

100g plain flour, 2 large eggs, 300ml milk, 1tbsp oil (plus some for frying), jam, sugar, butter or margarine.

Instructions:

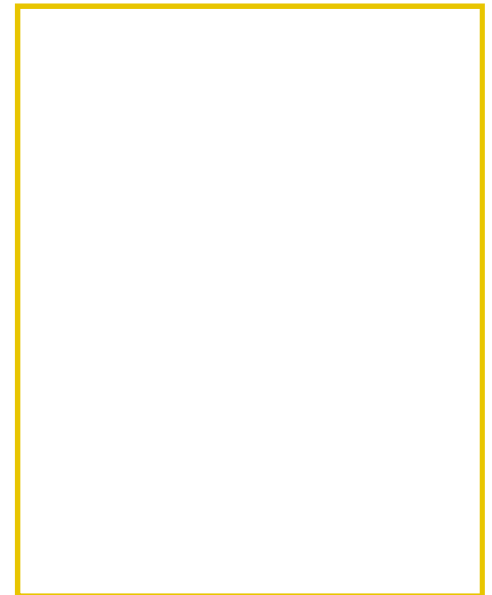
- Take 2 slices of bread and cut into quarters.
- Butter both sides of each slice of bread.
- Make little jam sandwiches. (Be generous with the jam!)
- Whisk the flour, eggs and milk together to make a batter.
- Soak each jam sandwich in the batter mix.
- With an adult to help, fry them until they turn golden brown.
- Sprinkle a little sugar on top.
- Enjoy!



Ask a grown-up to help with the barbecue!

What else can you cook on the BBQ? Marshmallows, popcorn...?

Write your recipe here:





Have a Rock Pool Raft Race

Collect driftwood and tie it together, using seaweed. Or, come prepared for your raft race and use corks and elastic bands. You could use cocktail sticks and paper to make a sail.

Launch your rafts in a shallow rock pool and blow gently on the sail to help them move.

Draw a diagram of your raft with instructions for how to build it.

Watch out for slippery seaweed!

How could you improve your raft?



Make a Daisy Chain

Collect some daisies. Make a slit in the stem of one of them using your finger nail and thread another daisy through the slit. Keep going until you have a good length of daisies joined together. Connect the first and last daisies and you're done!

Stick your daisy chain here:





Grow a Cress Head

Ask an adult to help you to crack an egg and take off the top part. Wash out the shell and stuff with cotton wool. Sprinkle cress seeds on top and spray with water. Place in a warm, light spot and keep moist - the cress should grow after around 2 days.

**Eat your cress in a delicious sandwich.
Take a photograph of your cress head
and stick it here:**



National Play Day: 2nd August

Play your favourite game with friends and family.
Try Hide and Seek Tag - a twist on a classic game.

Instructions:

- Visit the park or wood, or simply stay in your garden.
- One person is 'it' and counts to 20 at the base.
- Everyone else finds a hiding place.
- On the count of 20, the 'seeker' tries to find the 'hiders'.
- 'Hiders' need to get back to base without being tagged.
- Whoever is tagged, becomes the next 'seeker'.

**Were there any creatures living in the spot where
you hid? Draw them here:**



Take Part in an Extreme Reading Challenge

Think of a really strange place to read. Take a selfie while you're there!

Have a competition with your friends and family - who can find the strangest place to read? Add a photograph of yourself here:



National Allotment Week: 14th August

Grow a beanstalk: Stuff some kitchen roll into a clean jar and add a sprinkle of water so that the paper is wet. Push a broad bean between the paper and the glass. Keep it moist and after a few days, you should notice germination. After ten days, the bean should be strong enough to be potted and left outside.

Draw a diagram of your beanstalk here:
Remember to eat the beans that you've grown - did you like them?

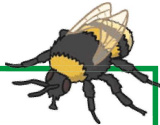




Plant a Bee Garden

Did you know, the bumblebee is becoming endangered? Plant some bee-friendly flowers in your garden and give them a helping hand. Buddleia, lavender, sunflowers and foxglove are all good plants for bees.

Draw the flower that you plant. How many bees did you spot visiting your garden?



Collect a Mermaid's Tear

Visit the beach and hunt for something special - a mermaid's tear; otherwise known as sea glass. Keep safe by looking for smooth edges and pieces that are cloudy or opaque. A blue, green or brown tear is especially rare!

How many mermaid's tears did you find? What colours were they? Stick some of them here:



Hunt for Spider's Webs

Use a cardboard tube to help you search and peer through bushes, under rocks and in cracks in a wall. Can you find any spider's webs? Where is the best place to find a spider?



Draw your spider in its web here:



Tell the Time with a Dandelion Clock

Find a dandelion seed head and blow. How many puffs does it take to blow away the seeds? That's the time!

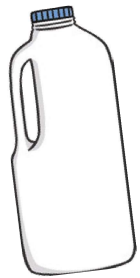
Draw a clock face to show the time on your dandelion clock. Stick what's left of your dandelion here:





Make Bottle Skittles

Raid the recycling box and collect a set of six bottles; milk bottles, shampoo bottles or the smaller 'probiotic yogurt drink' bottles are all good. Line them up and see how many you can knock over with a tennis ball. If they have bottle



tops, try weighting them with rice or water.

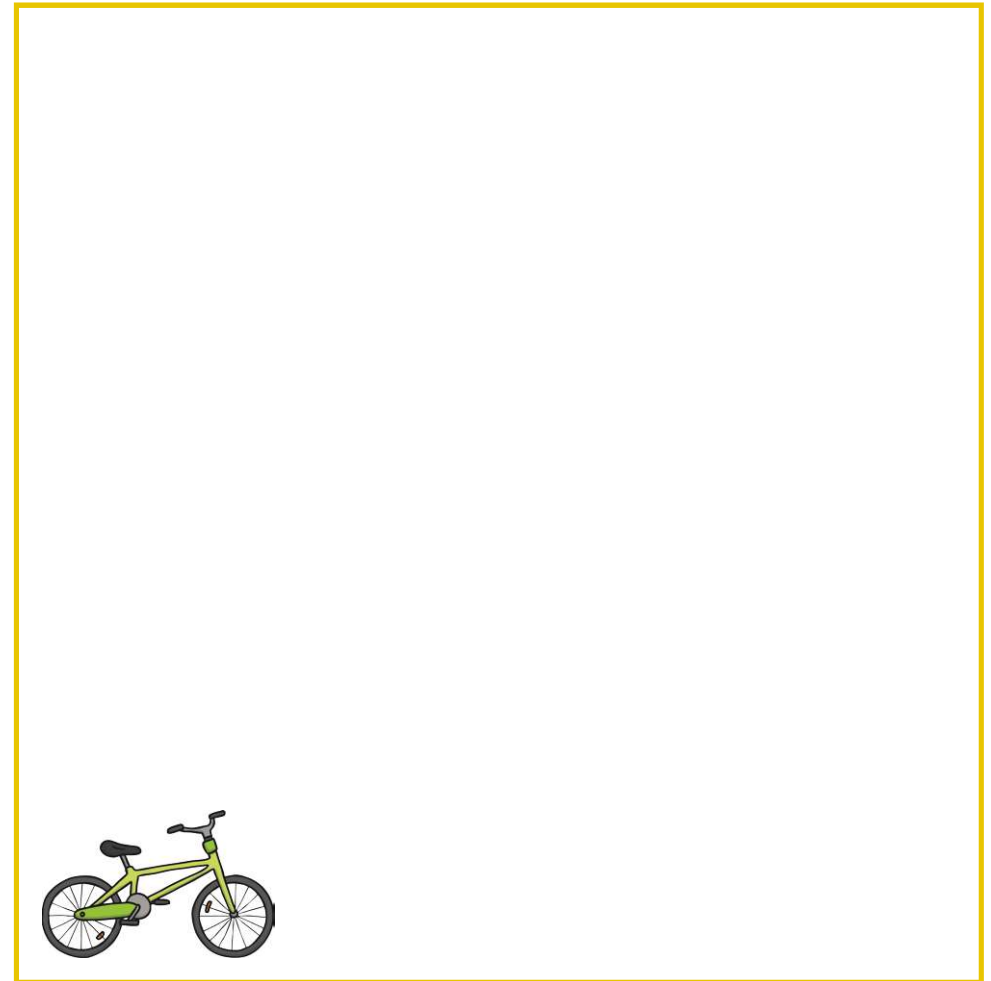
Decorate your skittles and add numbers to the front. Write down the total each time you knock them down.



Go for a Bike Ride

Simple - pop on your helmet and pedal!

Draw a map of where you went here:





Try a New Sport

Check local newspapers and local government websites for free sports opportunities in your area. Take on the challenge of trying a new sport.

Write a list of the sports equipment you needed here:



Have a 'Tidy Room Challenge'

Earn a trip to the park or a visit to the ice cream van by tidying your room in record time... without complaining!

What would your dream bedroom look like? Draw a plan here:



Have a Midnight Feast

Bake a cake, toast some bread with hot butter, share a mug of hot chocolate - what will your treat be? (You don't have to wait until it's dark - make a den indoors so you can feast at any time!)

Draw a picture of your midnight feast here:



World Photo Day: 19th August

Take a camera, tablet or smartphone outside and take a photo of an interesting place. Make it unusual and ask someone to guess what it is.



Stick your photograph here:



Go for a 'Welly Walk'

There's no such thing as bad weather, just wear the right clothes! Grab your wellies and waterproof clothes and go for 'welly walk'.



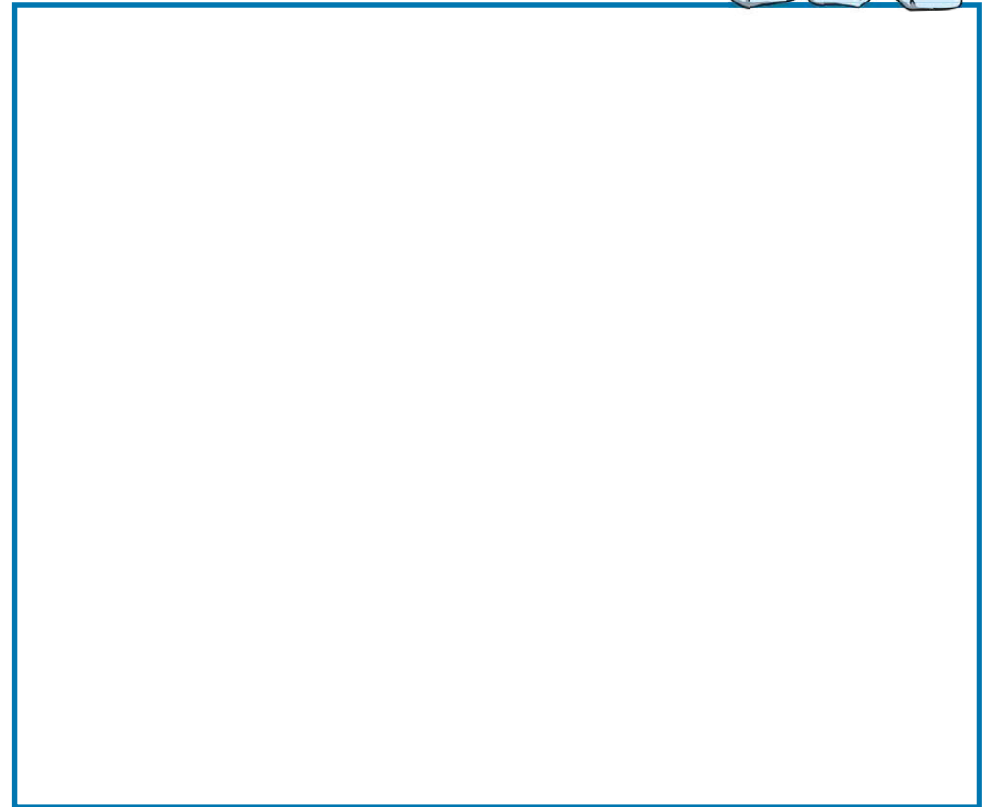
Explore the leaves and the bark on the trees – how do they look? How do they feel? Take a photo of the trees and stick it here:



Paint With Ice

Add a few drops of food colouring to water in an ice cube tray. Add a lollipop stick to act as a handle and freeze. Use the ice cubes to paint a picture.

Stick your masterpiece here:





Plan a Treasure Hunt

Write a trail of clues and place them around the house for your family to follow. Write them as a riddle to make it tricky or add a challenge to make it fun.

Stick two of your favourite clues here:



Go for a Long Walk

Challenge yourself to go on an extra-long walk.

Draw a picture or take a photograph of the place you walked to.



Hold a Snail Race

Perfect for after a rain shower - find as many snails as you can in your garden or the park. Line them up and watch them go!



Turn your snail into a racing superstar and design it a go-faster shell.
Draw it here:



Build a Den

Build a tent using chairs, or go under a table. Use sheets to create a roof for your den. As the weather improves, build a den outside, using trees or a washing line.

What did you use to build your den? Take a photo and stick it here:



Make a Kite

Recycle a carrier bag and turn it into a kite.

You will need:

a carrier bag, straws, string.

Instructions:

- Tape 2 straws together to form a cross.
- Snip each end of the straws and thread the string around to make a diamond-shaped frame.
- Cut open the carrier bag and place the kite frame on top.
- Draw around the frame, leaving a border, then cut around the border.
- Fold the border over the string and tape in place.
- Tie a length of string to the bottom of the frame.
- Go fly a kite!



Draw your kite here:



Catch a Raindrop on Your Tongue

Stand out in the rain and try to catch a raindrop on your tongue.

Leave out containers to fill with rain - measure how much you collect. Who collected most?

Record the information here:





Take Part in Your Local Park Run

Register online with Junior Park Run to receive a barcode. Find out where your nearest Park Run takes place and join in the fun!

How long did it take you to run or walk 2km? Can you beat it next time? Write your best time here:



Play a Board Game

Choose your favourite board game and organise a board game bonanza!

Add a photograph of the board game champion here:





Be a Home Helper

Write a list of chores that need doing. Work out a plan to complete them over a week. How many can you tick off?

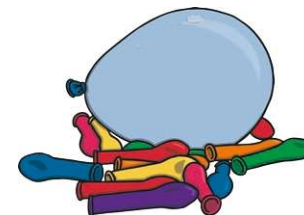
Stick your home helper plan here:



Play Balloon Tennis

Gather a balloon and a paper plate to play tennis with a difference. Attach a strip of paper to the back of the paper plate and slip your hand through. Blow up a balloon and game, set, match!

Hold your own tennis tournament and stick a photograph of the winner here:

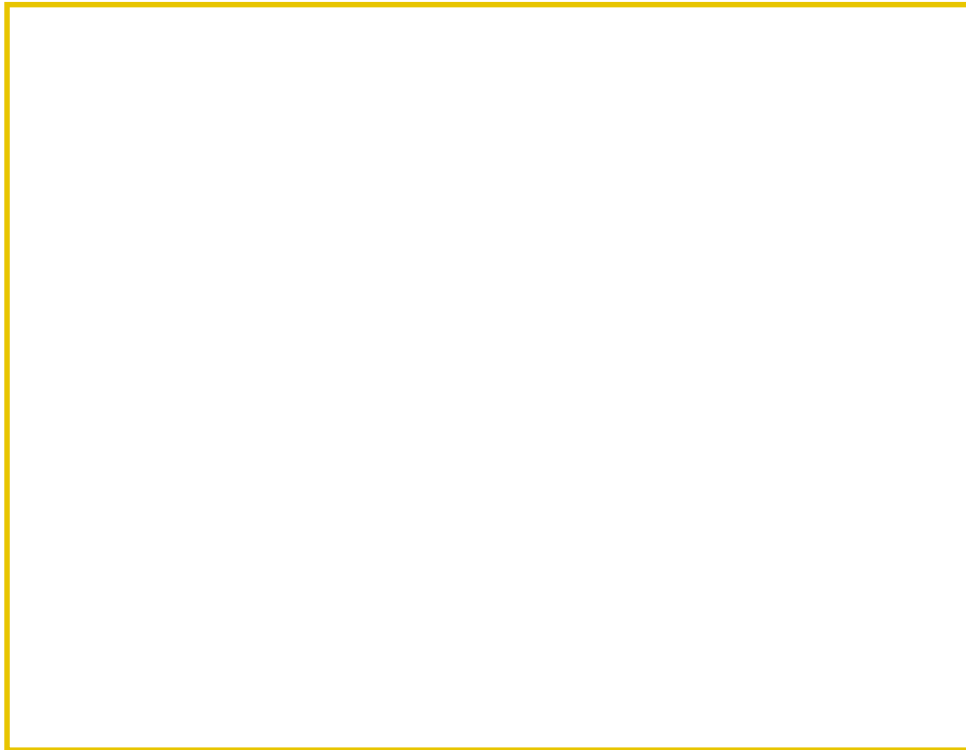




Free a Frozen Mini-Figure

Tie a length of string around some mini-figures. Place them into an ice cube tray, add water and freeze. Once frozen, hang them from the washing line and fire water at them from a water pistol until they're free.

Draw your favourite mini-figure here:



Bake a Cake

Hold your own bake off and enjoy a tasty treat. Try this recipe.

You will need:

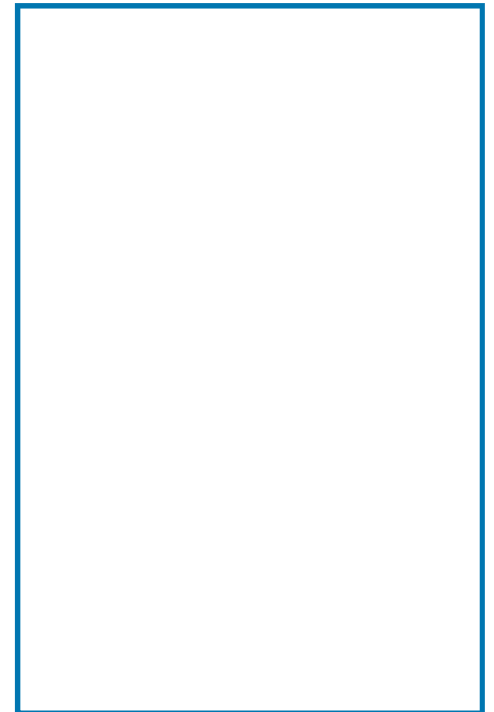
175g plain flour, 100g butter, 50g caster sugar, a few drops of vanilla extract.

Instructions:

- Preheat the oven to 150°C.
- Mix the sugar and butter in a bowl, until light and fluffy.
- Add vanilla extract and flour and mix well.
- Roll out to about 5mm thick and cut out shapes.
- Bake for 25 minutes or until golden brown.



What's your favourite recipe? Write your own recipe here:

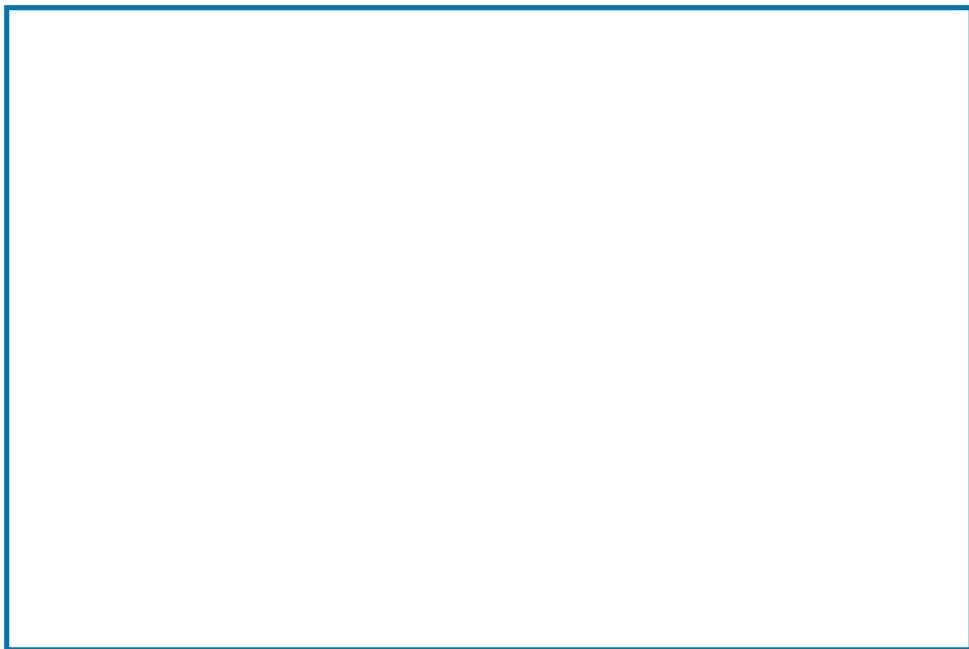




Plan a Dress Up Day

Get out your fancy dress and put on a show!

Stick a photograph of you dressed up here:



Make a Straw Rocket

After a visit to a cafe, save a paper sugar tube. Cut one end and empty the sugar out. Fit the open end over a straw and 5, 4, 3, 2, 1 ...blow! How far can your rocket fly?

Draw your rocket here:





National Marine Week: 24th July

Join in the celebration from home by drawing your favourite marine creature. You could create a whole gallery of artwork and hold a vote for your family's favourite sea creature.

Draw your favourite sea creature here:



Make a Fruit Smoothie

If it's dreary outside, make a sunshine smoothie inside!

You will need: 1 cup of strawberries, 2 cups of orange juice, 1 banana, $\frac{1}{2}$ cup milk.

Blend the ingredients and enjoy a healthy, sunshine smoothie with friends.

**What would you put in your perfect smoothie?
Create your own smoothie recipe here:**

